

# Do you know what to do in a disaster?





# **Community Emergency Response Team (CERT)**

September 17<sup>th</sup> - October 29<sup>th</sup> Tuesdays, 6:00 - 9:00 pm

Full schedule on reverse side

Learn more and register online at <u>kirklandwa.gov/cert</u>.

CERT is a hands-on training that teaches individuals how to prepare their homes and neighborhoods to respond to a disaster. Learn skills like fire suppression, disaster first aid, search and rescue techniques, assisting professional responders, responding to suspected terrorist incidents, reducing survivor stress, and preparing individuals and communities for emergencies.

Be ready to help your community during a disaster. Sign up for a CERT class.

Call (425) 587-3691 or email <u>KirklandEM@kirklandwa.gov</u> for more information.



# Kirkland CERT Schedule - Fall 2019

CERT class fees: \$25 for City of Kirkland residents, \$30 for non-residents.

Most class sessions are held at Kirkland City Hall, 123 5th Ave.

To learn more and register visit kirklandwa.gov/cert or call (425) 587-3691.

## **Class Schedule**

### Introduction | September 17, 6:00 - 9:00

Learn about local hazards and how they could impact our community, priorities for personal and household emergency preparedness, and understand the role of CERT in disasters.

### Fire and Utility Safety | September 24, 6:00 - 9:00

Understand your role in fire and utility safety, learn fire chemistry and hazardous materials basics, and actions to reduce fire hazards. CERT participants will learn to use a fire extinguisher and practice on live fire with Kirkland Fire Fighters.

### Disaster Medical - Part 1 | October 1, 6:00 - 9:00

Learn how to triage and prioritize medical care for disaster survivors to provide the greatest good for the greatest number of people. Practice identifying and treating immediately life threatening conditions.

### Disaster Medical - Part 2 | October 8, 6:00 - 9:00

Learn how to set up treatment areas, perform patient assessment, and treat basic injuries including burns, cuts, and broken bones. CERT participants will practice treating bleeding, shock, and immobilizing injuries.

### Search and Rescue | October 15, 6:00 - 9:00

Learn basic search and rescue techniques including location assessment, search methods, rescue lifts and carries, and documentation. CERT participants will practice these skills with Kirkland Fire Fighters

### CERT Organization | October 22, 6:00 - 9:00

Discover how to organize and lead neighborhood CERT teams in a disaster, and how CERT trained residents will work professional responders.

### Disaster Psychology and Terrorism | October 29, 6:00 - 9:00

Learn about the emotional environment for disaster survivors and rescuers and steps they can take to reduce their own stress and that of others. CERT participants will learn to recognize signs of potential terrorism and ways to react from Kirkland Police Officers.

### Disaster Drill | Saturday, November 2 | 9:00 a.m. - 1:00 p.m.

CERT participants "put it all together "as they respond to a simulated disaster. Participants will find, rescue, and treat earthquake 'survivors'.

### CERT Graduation | Wednesday, November 6 | 7:00 p.m.

CERT graduates will be recognized at the Kirkland City Council meeting and then gather to celebrate their achievement with friends and family.